

How to Cope up with Mood Swings During Pregnancy?

Pregnancy is an emotional roller-coaster. One minute you are feeling elevated and joyful, the next minute, you feel hopeless and upset. While it is the most memorable and precious time for a woman, pregnancy brings highs and lows in your mood. Women have reported the feeling of joy and misery at the same time. [Gynaec Doctors In Vashi Sector 17](#) say this is a normal phenomenon.

Increased stress levels, sudden changes in hormones, and physical changes can contribute to mood swings. Unfortunately, a vast majority of pregnant women experience mood swings until the delivery. If you are a soon-to-be-mom, check out these best tips for coping with mood swings.



How to Manage Mood Swings in Pregnancy

Get Adequate Rest

Sleep is important for your mental and physical wellbeing, especially for moms-to-be. While it may be hard to get a quality nap during the first trimester, you should follow a strict bedtime routine to get sufficient rest. The closer you get to the labor date, the more stressed and anxious you will feel. The best you can do is increase your naptime. Lay on the bed, read a novel, or simply shut your eye and picture

things that make you happy.

Eat Well

Pregnant women experience unusual food cravings. That's absolutely normal. However, if you don't eat a healthy and balanced diet, you will most likely experience an outburst. That doesn't mean you should avoid your food cravings. Eat what is healthy for you and the baby. Your gynecologist will establish the perfect diet for your three trimesters.

Try Physical Exercise

It's a mood-booster. You don't have to join a gym and do cardio during pregnancy. Just take a walk in your garden or a calm place or go swimming. Light exercises can work wonders for your physical and emotional health during pregnancy.

Fresh air will not only elevate your mood, but it releases endorphins that make you happy and positive. Make your exercise session more fun by asking your relatives or loved ones to join. Go for a walk with your spouse or practice yoga and meditation with your girl gang.



Talk to Your Family

Discuss your feelings with your loved ones. You should always be vocal about your feelings. Share how you feel with your partner. The more you share your emotions, the better you will feel. Besides, your family will definitely do something to cheer you up.

Snapping at people or acting inappropriately is totally normal for a pregnant woman. Your family will most likely understand what you are going through.

Distract Yourself

It doesn't mean you have to keep yourself physically busy all the time. Anything that keeps your mind away from the stress and anxious thoughts will do. Read your favorite book, watch an exciting series, have some fun time with your friends, join a yoga class, listen to music, try cooking, and practice other physical and mental activities that keep you happy.

If you are still having difficulty dealing with mood swings, visit the best [gynecology clinic in Vashi](#). You could also consider therapy.

Visit: <https://thanawalamaternity.com>

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